



Seasonal Goals Worksheet

Storrs Aquatics | Season: _____

Swimmer Name: _____ Age: _____ Date: _____

Training Group: _____ Coach: _____

1. MY SWIMMING GOALS

Choose events that matter to you. Set goals that are challenging but realistic. Write specific steps you'll take to reach each goal.

Event	My Best Time	My Goal Time	Steps to Get There

2. TECHNIQUE GOALS

Freestyle

One thing I want to improve: _____

Backstroke

One thing I want to improve: _____

Breaststroke

One thing I want to improve: _____

Butterfly

One thing I want to improve: _____

Starts & Turns

One thing I want to improve: _____

Underwater Work

One thing I want to improve: _____

3. PRACTICE COMMITMENT

My attendance goal: _____ out of 6 practices per week

I commit to arriving on time and staying for the full practice.

I commit to giving full effort on Saturday test sets.

One way I will challenge myself in practice this season: _____

4. PERSONAL DEVELOPMENT (ADM)

Swimming develops more than speed — it builds character. Set goals for who you want to become this season.

Sportsmanship Goal: _____

Leadership Goal: _____

Mental Toughness Goal: _____

Something new I want to try this season: _____



5. MY TEAM GOALS

How I will support my teammates this season:

How I will represent SAQ at meets (behavior, sportsmanship, cheering):

6. MID-SEASON CHECK-IN

Halfway through the season, sit down with your coach to review your progress. Update the table below.

Check-In Date: _____

Event	Current Best	On Track?	Notes / Adjusted Goal

What's working well:

What needs to change:



7. END-OF-SEASON REFLECTION

Take time to celebrate your growth. Every improvement — in times, technique, or character — counts.

Goals Achieved

- Event goal 1:
Event goal 2:
Event goal 3:
Event goal 4:
Event goal 5:
Event goal 6:
Technique goals met
Practice attendance goal met
Personal development goals met
Team goals met

Season Highlights

My proudest moment this season:

Three horizontal lines for writing the proudest moment.

Biggest challenge I overcame:

Three horizontal lines for writing the biggest challenge.

What I learned about myself:

Three horizontal lines for writing lessons learned.

Looking Ahead

Goals for next season:

Three horizontal lines for writing goals for the next season.

Swimmer Signature Date:

Coach Signature Date:

"The only person you are destined to become is the person you decide to be."